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Strong & Kingfield Health Centers to offer Flu Clinics for MSAD #58 Students Adult community members are encouraged to go to the clinics for their shots too

KINGFIELD & STRONG – This October, Strong Area Health Center and Mt. Abram Regional Health Center are partnering to offer flu shot vaccines to students of MSAD #58 and adult community members as well. Since the school system will not provide vaccines this year, the health centers decided to offer this important service to the community.

On Tuesday, October 20, from 3:00 PM to 6:00 PM, Strong Area Health Center will provide flu shots to the public, and Mt. Abram Regional Health Center will provide flu shots the following day on Wednesday, October 21, from 3:00 PM to 6:00 PM.

Vaccines are free for children aged 18 and younger, as long as a parent or guardian is present to sign a consent form. Adult vaccinations are available as well, and the cost is \$18 per shot, payable with cash or check. Insurance will not be billed. Shots will be given on a first come, first served basis, while supplies last. Both flu shot clinics are open to all community members.

Strong Area Health Center is located at 177 North Main Street, Strong and can be contacted by calling (207) 684-4010.

Mt. Abram Regional Health Center is located at 25 Depot Street, Kingfield and can be contacted by calling (207) 265-4555.

According to the Maine Center for Disease Control, influenza is a serious disease that can lead to hospitalization and death. Although anyone can contract the flu, certain populations are at a higher risk of flu-related complications. They include young children, persons aged 50 or older, health care personnel, pregnant women, people with chronic lung disease, diabetes, heart disease, neurologic conditions and certain other long-term health conditions. It is recommended that everyone six months of age and older obtain a yearly flu vaccine, ideally by October.

Mt. Abram Regional Health Center and Strong Area Health Center are part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Dedicated providers deliver high quality medical and behavioral health care to citizens in over 80 rural communities. To ensure access for everyone, HealthReach accepts Medicare, MaineCare and major insurances. In addition, an Affordable Care Program is available to uninsured and underinsured residents as well as assistance with applications for programs that help with the cost of health care and medications including the Health Insurance Marketplace. A private, non-profit celebrating a 40-year history, HealthReach is funded by patient fees, grants and individual donations.